

The JBLE - Eustis CHPC Quarterly Newsletter, Vol. 1 Issue 2
 Community Resource Guide Link: <http://www.jble.af.mil/>
 CHPC Webpage: <http://www.jble.af.mil/resiliencyeustischpc.asp>
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We Care JBLE Smart Phone App can be used for Android and Apple smartphones,

SENIOR COMMANDER'S CORNER

I continue to be amazed at all the great work going on every day across the Community Health Promotion Council (CHPC) at Fort Eustis. The real purposes of suicide prevention, risk reduction, overall family and service member well-being and fulfillment, and resiliency shine through every time I visit with the CHPC. The collaboration continues to improve with each passing month.

Perhaps the most important document we can provide our community is the Strategic Plan, and I'm pleased so far with the progress the Group Leads have made with it. The milestones and TANGIBLE outcomes the working groups

identify will guide the CHPC for several years. The hard work is in the metrics and outcomes, so I implore the team to pay attention to this. Our community—the readers here - deserve no less than our very best!

As always, I remain committed to integrate our community resources, and I charge everyone who lives or works on Fort Eustis to take advantage of the CHPC resources you have at your disposal. Read this newsletter. See the JBLE Webpage. Download our App. Be responsible for your own "informed-ness!" There are literally hundreds of programs and activities that many people are working hard to provide - it takes all of us together, to make Fort Eustis



the place we want it to be! Have a terrific holiday season, and hope to see everyone at the Tree Lighting Ceremony on Friday 05 December, and cheering us on during the Annual Toys for Tots Fort Eustis Holiday Run on 12 December, 0630!



SHARP

757-268-8967

Family Advocacy Program (FAP)

757-878-0807

Military Family Life Consultants (MFLC's)

757-817-9333

Army Emergency Relief (AER)

757-878-1118

Survivor Outreach Services (SOS)

757-878-38871

DOD Safe Hotline

1-877-955-5247

DOD Child Abuse Safety and Violation Hotline

1-800-336-4592

Red Cross

1-877-995-5247

Suicide Prevention Lifeline

1-800-273-8255

Army OneSource

www.ArmyOneSource.com

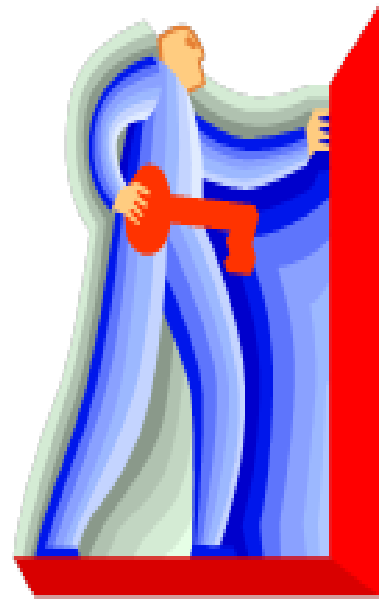
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Turning on OPTIMISM

Every person who succeeds against the odds is probably optimistic. Optimism isn't about naïve beliefs or magical thinking about a positive outcome. Instead, optimism recognizes reality, but makes adjustments along the way. The energy you see in optimistic people comes from the belief that a positive outcome will eventually be achieved. Positive beliefs create excitement and energy causing optimistic people to work harder. Optimistic people often imagine outcomes that may be beyond what is actually achieved, but this tendency makes optimistic people hurdle roadblocks and avoid feeling discouraged when the going gets tough.

With optimism, you can tolerate the drudgery often necessary to make a positive outcome likely. The good news is that human beings are naturally optimistic because it is an aid in survival as a species. This means the ability to be optimistic can be rediscovered, uncovered, or learned if it is lacking. Call the EAP office at (757) 878-2924 to learn more.



TOTAL ARMY STRONG, Series 1

Qs & As

Q1: What is Total Army Strong? A1: Total Army Strong balances and reshapes current programs in a changing environment and transforming Army. Total Army Strong gives commanders flexibility to prioritize and adjust programs and services regardless of geographic location. Further, it underscores our commitment and responsibility to our Total Army Family.

Q2: Does Total Army Strong replace the Army Family Covenant? A2: Yes, it reflects a changing environment and transforming Army. The army remains fully committed to providing essential services and programs to our Soldiers, Families and civilians, regardless of Component or geographic location.

Q3: What are the key differences between Total Army Strong and Total Army Family Covenant? A3: Both formal pledges express Army Senior Leadership enduring commitment to Soldiers and Families. The Army Family Covenant focused on improving specific programs Army wide. At each installation, however, the needs of Soldiers, Families and civilians, vary. Total Army Strong gives installation commanders flexibility to adjust programs and services to meet the needs of their customers.

TOTAL ARMY STRONG

The strength of the Nation is built on the readiness and resilience of every member of the premier all-volunteer Total Army - every Soldier, civilian and Family member.

We will uphold the Army's responsibility to provide benefits and high-quality services that are components of a professional force dedicated to the Army for the long term.

The Army remains steadfast in its commitment to:

- ★ Maintain the trust between Leaders and their Soldiers, Families and civilians
- ★ Foster an environment that promotes adaptability and self reliance
- ★ Promote physical, emotional, social, Family and spiritual strengths
- ★ Honor the service and sacrifices of those who serve our Nation

Raymond F. Chandler III
Sergeant Major of the Army

Raymond T. Oderno
General, United States Army
Chief of Staff

John M. McHugh
Secretary of the Army

February Is Teen Dating Violence Awareness Month "As a Parent Do You Know the Warning Signs?"

Adolescence is a time where many youth are trying to figure out who they are and what they want from their friends, for example, to figure out what is important. One area that this rings true is in their relationships.

Many teens place a high value on being in a relationship. It is a status symbol, and signifies to the world-and to them-that they are worthy of someone's love and affection. Unfortunately, some may have a romantic view of relationships where jealousy, controlling behaviors, and inappropriate behaviors are considered acceptable and normal.

For example, some teens think that it is fine to receive numerous text messages from their boyfriends or girlfriends who want to know their whereabouts at all times. In fact, they think it signifies that they are loved and that someone is always thinking of them. The truth is that this behavior can be an attempt for their partner to have control over them.

Sadly, one in three teens in dating relationships have reported being abused by their partners. Of these teens, only one third of them will tell someone they are being hurt.

Because adolescence is a time when teens gradually pull away from their parents, it may not be easy to see if they are involved in abusive or hurtful relationships. Although 82% of parents in one study were confident in identifying warning signs of abusive relationship, only 24% of them were able to correctly do so. Therefore, it is

important for parents to know that both boys and girls can be abused-and abusive-and to know what to look for. For example, teens may alter their clothing by wearing more conservative clothing, or wear clothing that is inappropriate for the weather such as long sleeved shirts on a hot day. Another behavior to watch for is a change in how they spend their time. Teens in abusive relationships may become isolated from their friends and stop participating in activities that they previously enjoyed.

If you suspect your child is being hurt by his or her partner, the best thing to do is listen without judgment. Support your child with the decisions they make and encourage him or her to get professional help. Realize that it may take some time before your teen completely cuts off the relationship with their partner.

If you suspect your child is the one who is being abusive to his or her partner, there are ways you can help. Talk to him or her about behaviors that concern you, and express how it made you feel (sad, disappointed, concerned, etc.). Let them know you care and are there to be supportive. Encourage them to seek professional help for what they are doing. Often, someone who is abusive may justify their actions. Gently remind them that they are ultimately responsible for what they do.

Teaching teens about appropriate relationships now can prevent them from being in abusive relationships as adults. By gradually educating them and modeling healthy relationships, we may hopefully be able to end intimate partner violence.

For more information on Teen Dating Violence, contact the Family Advocacy Pro-

gram at (757) 878-0807.



**"TWEENS AND TEENS
ARE EXPERIENCING
DISTURBING LEVELS OF
VIOLENCE IN THEIR
DATING
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ONLY HALF RECOGNIZE
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OF A DANGEROUS
RELATIONSHIP"**

HOLIDAY SAFETY—TURKEY SAFETY 101



It's hard to believe that the holidays are almost upon us. Soon, families will gather around the dinner table, giving thanks, and share stories of holidays past. One story we never want a family to share is how they almost burned the house down attempting to fry a turkey. According to the National Fire Prevention Association (NFPA), each year propane deep fryers are responsible for 5 deaths, 60 injuries, 900 homes destroyed, and over \$15M in property damage. However, if you are wondering why people risk life and limb to fry a turkey, you have obviously never tasted one. Here are some tips to mitigate the risk and keep you safe:

Thaw the turkey completely: Oil and water do not mix, and a moist, unfrozen turkey could become a projectile when placed in hot oil.

Monitor the oil temperature: A turkey could be cooked at 350°F. When oil reaches temperatures of over 400° F, it can spontaneously combust.

Do not overfill: One of the most common mistakes is to use too much oil. If the pot overflows, the oil could ignite from the burner.

Do not "drop" the turkey in the oil: This could result in disaster. Ease the turkey into the pot.

Always fry outdoors: Set up your cooking station outside, off the deck, in a stable location, away from vinyl siding. The fryer station can also tip very easily.

The NFPA discourages the use of propane fryers, and recommends oil-less or electric fryers for your holiday eating pleasure.

Soldier for Life—Transition Assistance Program (SFL-TAP)

Once a
Soldier,
Always a
Soldier...
A Soldier
for LIFE!



On 1 October, the Army implemented what will be commonly referred to as the Transition Soldier Life Cycle. Transition Soldier Life Cycle promotes lifelong learning, individual development, and transition-related requirements throughout a Soldier's military career. The Transition Soldier Life Cycle further demonstrates the Army's commitment to supporting Soldiers in all stages of their military career.

To complement Transition Soldier Life Cycle, the Army's Transition Assistance Program, formerly known as Army Career and Alumni Program, or ACAP, has adopted anew look and name as part of the effort to synchronize Soldiers for Life initiatives. The new name is Soldier for Life—Transition Assistance Program.

Transition Assistance has become a robust and intuitive program com-

bining employment and education workshops and seminars tailored to prepare and connect transitioning Soldiers to meaningful civilian employment and educational opportunities. The SFL-TAP offices deliver transition assistance services with a focus on supporting Soldiers in all phases of the Transition Soldier Life Cycle. The Army's Transition Assistance Program now carries the Soldier for Life logo; which highlights related series to further the goals of allowing Soldiers to "Start Strong, Serve Strong, Reintegrate Strong, and Remain Strong."

Soldier for Life Centers are on post, camps, and stations where Soldiers and Families can find resources to assist them in making educated decisions and sound plans during all phases of their military lives: in-service, transition, and post transition. Once the decision is made to separate from military service the Soldier for Life

Center is the next step in the transition process. Separating members are required to initiate the transition process no later than 12 months out from separation or 18 months out from retirement. It cannot be emphasized enough to **start early with the transition process** to ensure "career ready" status upon military separation. There are 12 Career Readiness Standards (CRS) and ample related training and hands on/interactive activities to assist Soldiers to meet required standards and to be poised for success in achieving their career aspirations upon departing military services.

For more information or to get started with your transition, call or visit the Fort Eustis Soldier for Life Center, (757) 878-4655 or visit the ACAP (soon to be SFL TAP) website; www.acap.army.mil. Fort Eustis SFL Center Location is 705 Washington Blvd, Suite 71, Fort Eustis, VA.

Holiday Blues/Seasonal Depression (SAD)

Have you ever found yourself feeling confused or overwhelmed by the thought of the approaching holidays? Does the concept of gleeful cheer and togetherness make you want to avoid others? When the cold weather breaks does it take you longer to adjust to your daily tasks? Have you ever been likened to a hibernating bear? Do you ever feel like a car that has ran out of gas?

If you answered yes to any of these questions you might be or have experienced seasonal depression (SAD). SAD is a form of depression that typically begins mid to late fall until spring. Roxanne Dryden-Edwards(2013) reported that the SAD has a historical context dating back to 400 BC when Hippocrates documented illnesses which he believed were directly related to the changes in the seasons. SAD more often than not affects women who are between the ages of 15-55 and individuals with a significant family history of SAD (WebMD, Inc., 2013). According to Roxanne Dryden-Edwards (2013), SAD has been closely linked to a deficiency in an individual's level of vitamin D and/or a dysregulated sleep cycle. She further suggested that there is a possible link between substance abuse and dependency.

So, now that we know what SAD is how do we spot and treat it? Well, some of the more commonly reported symptoms are:

- Feeling sad, grumpy, anxious, irritability and sporadic mood swings.
- A loss of interest in daily task, increase cravings for carbs, Poor appetite and weight gain.
- Feeling sleepy, Insomnia, or drowsy during the day.
- Poor concentration, indecisiveness
- Feelings of worthlessness or hopelessness
- Recurrent thoughts of death or suicide
- conflicts with other people
- ******Signs of needing immediate help:** Individuals suffering from SAD often times overlook or ignore the potential deadly consequences of not seeking help especially individuals who have experienced a previous cycle of SAD. It is **extremely important** to seek immediate assistance if you or someone you love is experiencing the following symptoms of:
 - Extreme sadness, hopelessness, or emptiness
 - Inability to get out of bed or carry on normal activities
 - Persistent loss of energy or increased need for sleep
 - Unexplained change in appetite for food
 - Changes in behavior that cause problems with family, friends, or work
 - Feelings of wanting to die, wanting to commit suicide, or hurting yourself
- Common forms of treatment have been:**
 - Light therapy (Bright light and Dawn)
 - Pharmalogical interventions such as Antidepressants
 - Psychotherapy
 - Exercise
- Homeopathic remedies such as St. John's wort, Kava, and Acupuncture

Additional sources of information and resources:

•JBLE Behavioral Health Services

Bldg 515 Sternberg Ave
Fort Eustis, VA. 23604
757-314-7558

•Depression and Bipolar Support Alliance

730 N Franklin St, Suite 501
Chicago, IL 60610-7224
800-826-3632

•National Mental Health Association

2001 N Beauregard St, 12th Floor
Alexandria, VA 22311
703-684-7722
Resource Center 800-969-NMHA (6642)

•Depression and Related Affective Disorders Association

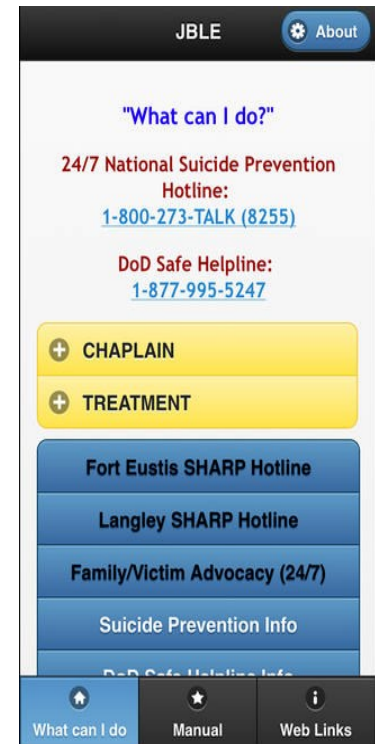
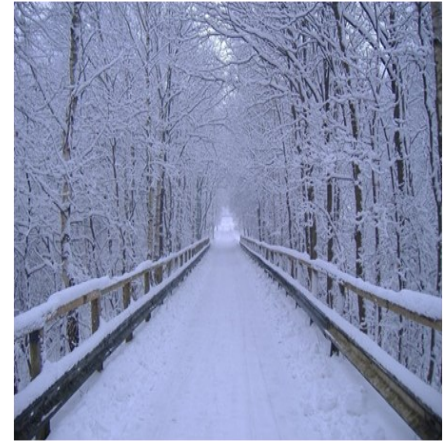
2330 W Joppa Rd, Suite 100
Lutherville, MD 21093
410-583-2919

•The Nation's Voice on Mental Illness (NAMI)

Colonial Place Three
2107 Wilson Blvd, Suite 300
Arlington, VA 22201-3042
703-524-7600
800-950-NAMI (6264)

Reference

Dryden-Edwards, Roxanne (2013) WebMD, Inc- eMedicineHealth; **Seasonal Affective Disorder (SAD).** Retrieved online November 8, 2013 from: http://www.emedicinehealth.com/seasonal_affective_disorder_sad-health/article_em.html



We Care JBLE Smart Phone App can be used for Android and Apple smartphones, tablets and iPads.

Word of the Quarter

"Jollification" - noun

- festivity, merrymaking
- Synonyms: conviviality, festivity, gaiety, rejoicing

**Special Thanks to the CHPC
Quarterly Newsletter
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Deployments Can Be Stressful for a Family At Any Time of the Year

Deployments can be stressful for a family at any time of year, but can be especially difficult during the holidays. Applying the Principles of Resilience can enable families to stay in the holiday spirit and get ahead of stress. Predictability (managing expectations), Relationships (maintaining strong connections and preserving traditions) and Meaning (keeping the deployed Service member involved) can help families maintain a sense of normalcy and thrive during the holidays, despite separation from deployment.

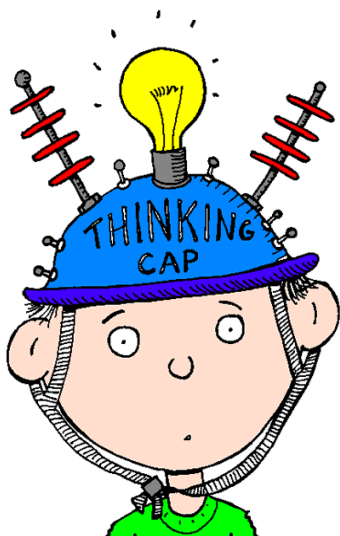
The holidays are fast approaching, and even when not dealing with the heightened emotions

and stress of a deployment, holidays are rarely what we would think of as "stress-free." Add in the pressure to keep the holidays special while acknowledging the absence of a loved one, it can be very easy to become overwhelmed. It is vital, for your sanity, to take active measures to avoid overworking yourself. It all comes down to priorities, traditions and efficiency. Before the holiday season is in full swing, sit down and decide what is actually important. Commit fully to those things that are a priority for you and your family and just let go of everything else. Traditions are very important; families look forward to doing the same activities every year. During deployment, this can be difficult, or sad, since families are missing a key part of their family. A way to ease this difficulty is doing your old favorites in a new way. For example, your family may love driving through the local botanical gardens to see their light displays, you may not want to do such a special family activity without your love one, so may-

be this year, the family could buy tickets to ride the tram. The kids will still get to make holiday memories, but your family could reserve the "real thing" for when their love one is home. All things considered, when trying to de-stress the holidays, the most important part is including your love one. Make a list of priorities with your love one help, solicit their advice on ways to make the family traditions special in their absence, together decide what gifts you will be giving, and take every opportunity possible to take pictures and short videos so you can stay connected. During deployment families walk a fine line between wanting to keep life at home "normal" while honoring the fact that there is nothing normal about carrying on with part of your heart across the world. Sweeping the clutter from your holiday plans will keep you from getting overwhelmed and hopefully give you a little bit of extra energy and peacefulness to keep your deployed loved one an active presence in your celebrations.



Put Your Mind to Work with the Puzzle of the Quarter -



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	5				4		
		4		2			1
			5		6		
7				3		8	
			7			5	
1		2				3	4
	6			8			

we salute you, designated driver



ASK CHPC

The Community Health Promotion Council would like your input and feedback. Do you have a question you would think needs to be answered in regards to making our community more ready and resilient? Ways to improve the newsletter? Topics you would like to see published?

Contact the installation Health Promotion Team with your questions and/or ideas:

joanne.r.dillard.ctr@mail.mill

Your questions/topic could be featured in the next CHPC quarterly newsletter

DECEMBER 2014

Christmas Tree Lighting Ceremony, 1 December 14, 1830-2100 Langley AFB, St John's/Dodd Circle next to the King Street gate, POC (757) 764-2983

Trees for Troops, 2 December 14, JEB Fort Story -JEBFS Sandpiper Rec Center (700 New Guinea Rd, VA Beach, VA 23459) POC (757) 422-7472

Grand Illumination of the historic Cape Henry Lighthouse, JEB Fort Story, December 4, 2014, 1700, Cape Henry Chapel, 600 Port-Au-Prince Rd, VA Beach, VA 23459

Tree Lighting Ceremony, 5 December 14, Fort Eustis, Seay Plaza, 1700-2000, POC (757) 878-4430

Annual Holiday Concert featuring U.S. Fleet Forces Band, 5 December 14, JEBLC Base Theater, Bldg 3504, Gator Blvd., VA Beach, VA 23459, 1800 Start of Family activities sponsored by MWR, 1900 Annual Tree Lighting/Arrival of Guest Speaker, 1930-2045 Concert

Have Breakfast with Santa, 6 December 14, Fort Eustis Club, 1030-1400, POC (757) 878-5700

Exceptional Family Members Program (EFMP) Holiday Movie, "The Polar Express", 6 December 14, 1300-1500, Jacobs Theater, 647 Monroe Avenue, Fort Eustis; To sign up call (757) 878-1954/3638

USD Holiday Party, Saturday 6 December 2014, 1000-1400, JEB-Little Creek Fort Story Rockwell Hall Gym, 3147 5th Street, VA Beach, VA 23459 Free Admission with proper ID for active duty, retired military, DOD Civilians, reserve/guard members and eligible family members.

Ugly Christmas Sweater Contest, Begins 6 December 14 and will be done every Saturday in December, Fort Eustis Bowling Center, POC (757) 878-5482

Annual Pearl Harbor Remembrance Ceremony, JEB Little Creek Chapel, December 7, 2014, 1160 D Street, VA Beach, VA 23459, 1255

Toys for Tots Holiday Run, 12 December 14, 0630

Army/Navy Games, 13 December 14, Doors open at 1200, Lakeside Catering Facility, Fort Eustis, POC (757) 878-5700

NFL Ticket, Sundays in December, Doors open at 1200, Lakeside Catering Facility, Fort Eustis, POC (757) 878-5700

Bowl with Santa, Langley Lanes, 13 December 14, 1300-1600, POC (757) 764-2433

Swim with Santa, 20 December 14, Fort Eustis Aquatic Center, 1200-1700, POC (757) 878-1092

New Year's Eve Celebrations.:

31 December 14, Fort Eustis Club, 2000-0100, \$25.00 per person, POC (757) 878-5700

31 December 14, Langley Lanes, 2000-0200, \$60.00 per couple, POC (757) 764-2433

Balfour Beatty Communities

Holiday House Decorations, Throughout December. Winner announced 19 December 14.

Holiday Coat & Canned Food Drive, Throughout December. Delivered 19 December 14. Coats to Children's Hospital of Kings Daughter (CHKD) and Canned Food to the Peninsula Food Bank

Terracycle Donations needed, 1-4 December, 14, 0730-1900

Little One's Story Time, December 2, 9, and 16th, 2014, 0900-1000

Holiday Open House, 5 December 14, 1200-1800 and 6 December 14, 1000-1800, New Marseilles Village, 2521 Von Voorhis Street, Unit A

Pictures with Santa, 6 December 14, BBC Activities Room, 1000-1200

Holiday Candle Making, 10 December 14, BBC Activities Room, 1530-1630

Winter Community Yard Sale, 13 December 14, Community Wide, 0800-1400

Wrap n' Go Holiday Gift Wrapping, 16-19 December 14, 0800-1800 (Residents bring your gift items by the Community Center and wrap them yourself, Balfour Beatty Communities will provide everything for your gift wrapping needs)

Religious Support Services Holiday Services (All at Regimental Memorial Chapel)

MARK YOU
CALENDAR
IMPORTANT
DATES TO
REMEMBER

Effective Resume Writing, 13 December 14, 0900-1200

Interview Techniques, 13 December 14, 1300-1600

FAMILY ADVOCACY PROGRAM

Love and Logic (Parenting Class), 1, 8, 15 & 22 December 14, 1400-1600, 2115 Pershing Avenue, 3rd Floor, POC: (757) 878-0807

Anger Management: 8 week series begins 9 December 14, 1300-1430, 2115 Pershing Avenue, 3rd Floor, POC: (757) 878-0807

CYSS & ACS

Army Volunteer Corps Orientation, 2 December 14, 1000-1100; ACS, Bldg 650 Monroe Ave, POC (757) 878-3638

Credit Reporting Scores & Debt Management, 2 December, 14 & 16 December, 0900-1000, ACS Bldg 650 Monroe Ave, POC (757) 878-1974

Expectant Parents Informational Class (EPIC), 5 December 14, 0900-1200, ACS, Bldg 650, Fort Eustis

Developing your Financial Plan, 9 December 14, 0900-1000, ACS, Bldg 650 Monroe Ave, POC (757) 878-1974

Winter Violin & Piano Recital, 12 December 14, Regimental Memorial Chapel, Fort Eustis, 1800-2000

Youth Program Winter Formal, 12 December 14, Youth Center, Fort Eustis, 1830-2200

AIT Spouses Welcome Reception, 16 December 14, Bldg 1024 Monroe Avenue, Fort Eustis, 0900-1030 or 1800-1900; POC (757) 878-3638

Federal Employment Workshop, 18 December 14, Bldg 1024 Monroe Avenue, Fort Eustis, 1000-1200; POC (757) 878-3638

Managing your Checking Account, Online Banking, 19 December 14, 0830-0930, ACS, Bldg 650 Monroe Ave, POC (757) 878-1974

Financial Readiness, 19 December 14, 0830-0930, ACS, Bldg 650 Monroe Ave, POC (757) 878-1974

Resume Writing Workshop, 19 December 14, ACS, Bldg 650, Fort Eustis, 0900-1200; POC (757) 878-3173

Youth Program Night Hoops, 19 December 14, Youth Center, Fort Eustis, 1830-2200

Federal Employment Workshop, 21 Nov & 18 December 14, ACS, Bldg 650, Fort Eustis, 1000-1200

Resume Writing Workshop, 20 Nov & 19 Dec 0900-1200, ACS Bldg 650

Holiday Card Lane Contest, Theme: "Every Day is a Gift Let's Celebrate", Contest, begins 4 Nov, Judging of Cards 10 Dec & Ceremony 12 Dec at Transportation Museum. FMI Call ACS at 878-3638

JANUARY 2015

Feast of the Blessed Virgin Mary, 01 January 15, 1145

JBLE MLK Celebration, 13 January 15, Wylie Theater, 1000-1130

Spouse Resilience Training, 26-29 January 15, 0900-1300, ACS, Bldg 650, Fort Eustis, FMI (757) 878-3638/1373

FAMILY ADVOCACY PROGRAM

Active Parenting of Teens: 5, 12, & 19 January 15, 1400-1600, 2115 Pershing Avenue, 3rd Floor, POC: (757) 878-0807

FEBRUARY 2015

FAMILY ADVOCACY PROGRAM

Run your Relationship (Relationship Enrichment): 2, 9, & 23 February 14, 1400-1600, 2115 Pershing Avenue, 3rd Floor, POC: (757) 878-0807

Anger Management: 8 week series begins 3 February 15, 1300-1430, 2115 Pershing Avenue, 3rd Floor, POC: (757) 878-0807